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MaineCare Services
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MaineCare Member News

Fall 2011

Healthy Fall Activities

Maine has plenty to offer for fall activities. Taking time to capture its beauty can be a great way to get exercise and also enjoy the outdoors. There are many low cost activities you and your kids can enjoy.

Here are some activities with websites you can go to and find more information:

- Biking and hiking- www.exploremaine.org/bike or www.maine.gov/portal/travel/tours.html
- Fairs and festivals- www.maine.info/festivals.php or www.maineairsandfestivals.com
- Local farms and apple picking- www.getrealmaine.com
- Local zoos and aquariums- www.officalusa.com/stateguides/zoos/maine.html
- Disk golf- www.mainediskgolf.com
- Sightseeing- http://www.visitmaine.com/attractions/sightseeing_tours/
- Other fun activities- www.mainetodo.com

Here are some examples of scenic places to visit:

- Acadia National Park (Mount Desert Island)
- Appalachian National Scenic Trail (Georgia to Baxter State Park)
- Baxter State Park
- Kennebec Rail Trail (Augusta to Gardiner)
- Moosehead Lake Region
- Old Orchard Beach
- Boothbay Harbor
- Monhegan Island



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Acadia National Park in Mount Desert Island, ME

For more fun activities go to:

- Maine Office of Tourism:
<http://www.visitmaine.com/>
- Maine Travel and Tourism:
http://www.maine.gov/portal/online_services/categories/travel.html
- Unofficial Maine Travel Guide:
www.great-maine-vacations.com/

Non-Emergency Medical Transportation

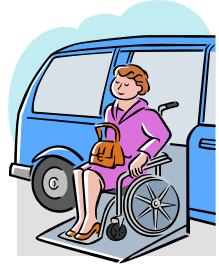
You may have heard that MaineCare is changing the way it helps with rides to medical appointments. We are doing this to follow federal rules. MaineCare pays for rides for eligible members who do not have other ways to get to medical appointments.

No matter what changes we end up making, you will still have rides to your medical appointments. Wheelchair vans will still give you rides to medical appointments. Also, your friends and family will still be paid for their gas to bring you to these appointments. We hope the quality of transportation services will improve with the changes to the system.

Here are some examples of how the transportation services might improve:

- It may be easier to get a ride the same day you call.
- It may be easier to get rides on the weekend and after 5 o'clock.

No final decisions have been made about this change. MaineCare is talking with members, transportation providers and others to figure out the best way to make changes. We will keep you updated.



You can also learn more about this project by visiting our website at:
www.maine.gov/dhhs/oms/nemt/nemt_index.html.

The MaineCare Provider Directory is being improved!

If you are part of MaineCare's Primary Care Case Management Program (PCCM) you may have received a "Welcome Packet" and a list of providers located near you. The provider list in your welcome packet may be incomplete. We are working to fix this issue in our computer system.

Meanwhile, if you received a "Welcome Packet" and you do not see your provider on the list or would like to choose a primary care provider, please contact Member Services at **1-800-977-6740**.

How can I apply for benefits online?

My Maine Connection is now available! You can apply for public benefit programs online. You can use a computer at home, a library, or any other location with internet access.

You can apply for:

- Food Supplement Program (SNAP)
- Medical Assistance
- Temporary Assistance for Needy Families
- Child Care Subsidy

Visit www.maine.gov/MyMaineConnection for more information!

Free text messages about your pregnancy and new baby!

Text4baby is a free service to promote maternal and child health through text messages. It is an educational program of the National Healthy Mothers, Healthy Babies Coalition. Text4baby gives pregnant women and new moms information they need to take stay healthy and give their babies the best possible start to life. You will get free text messages each week, timed to your baby's due date and through her first year.

You can check out their website at:
www.text4baby.org or to join Text4baby, text BABY to 511411.

Heart Disease

Understanding Cholesterol

Knowing the difference between “LDL and HDL” is important. LDL is bad cholesterol caused by saturated fats. HDL is good cholesterol which you want to be higher.

Tips on reducing the risk of heart disease and lowering cholesterol:

- Eat smaller food portions
- Eat more fruits and veggies, fish, nuts, beans, and other healthy foods
- Make time for breakfast
- Swap butter for healthy oils like olive oil
- Exercise



For more info go to: www.americanheart.org/

You are more likely to get heart disease if you:

- Have had a heart attack
- Are a man 45 years or older
- Are a woman 55 years or older
- Are a woman who is going through, or has gone through, menopause
- Have an immediate family member who has had heart disease
- Are a smoker
- Have high blood pressure, high cholesterol, or diabetes
- Are overweight
- Are inactive



Have you had your cholesterol levels checked? If not, contact your doctor!



Tobacco Awareness

There is no safe level of exposure to tobacco smoke. Any exposure to tobacco smoke even an occasional cigarette or exposure to secondhand smoke is harmful.

Damage from tobacco smoke is immediate. Tobacco smoke contains more than 7,000 chemicals and chemical compounds, which reach your lungs every time you inhale. Your blood then carries the poisons to all parts of your body. These poisons damage DNA, which can lead to cancer; damage blood vessels and cause clotting, which can cause heart attacks and strokes; and damage the lungs, which can cause asthma attacks, emphysema, and chronic bronchitis.

Smoking longer means more damage. Both the risk and the severity of many diseases caused by smoking are directly related to how long the smoker has smoked and the number of cigarettes smoked per day.

Cigarettes are designed for addiction. The design and contents of tobacco products make them more attractive and addictive than ever before. Nicotine addiction keeps people smoking even when they want to quit.

Even low levels of exposure, including exposure to secondhand tobacco smoke, are dangerous. You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or asthma attack triggered by smoke.

For more information visit: www.tobaccofreemaine.org

Call it Quits.

1-800-207-1230

THE MAINE TOBACCO HELPLINE

Healthy Maine Partnerships
Partnership For A Tobacco-Free Maine
Division of Health, Maine Department of Health and Human Services

Autumn Safety Tips



Trick or Treat Halloween Safety:

- Any costume accessories such as swords should be short, soft, and flexible.
- Trick-or-treating should not be done alone
- Reflective tape to costumes and treat bags helps drivers to see you.
- Parents should check over all treats for tampering and choking hazards.
- Do not eat homemade treats from someone you don't know.
- Limit the amount of sweets you eat.
- Use a flashlight so people can see you.
- Test your make-up in as small area of your face and remember to take it off before bed.
- Be careful crossing the street and use crosswalks when possible.
- Walk on sidewalks when you can or face the oncoming traffic.
- To avoid falling, do not block your vision with masks and costumes.
- Don't wear over-sized shoes to avoid falling.
- Don't enter someone's home you don't know unless you are with a trusted adult.
- Be careful of lit candles or luminaries and wear flame-resistant costumes.
- Be careful of kids trick-or-treating when driving.

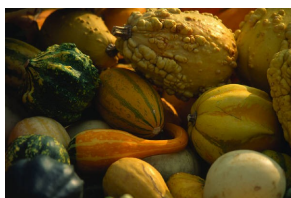
For more Halloween health and safety tips go to: <http://www.cdc.gov/family/halloween/>

School Bus Safety:

- Stand at least 3 giant steps from the curb.
- When crossing the street in front of the bus, kids should stay five giant steps in front of the bus.
- The bus driver and student should see each other at all times.
- Never walk in front of the bus.
- If you or someone else drops something near the bus, tell the bus driver before you pick it up.

For more bus safety tips go to: <http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/section11.pdf>

October	November
National Breast Cancer Awareness Month Breast cancer is the second most common kind of cancer (after skin cancer). If breast cancer is found early, you have a better chance of surviving. Symptoms can include: <ul style="list-style-type: none">• A lump in the breast• A change in size, shape, or feel of the breast• Fluid coming from the nipple of the breast For more information go to: http://www.nbcam.org/	American Diabetes Month There are 24 million people living with diabetes in the United States. There are three types of diabetes, type 1, type 2, and gestational. If type 2 is not controlled it can cause serious health problems. You may be at risk for type 2 diabetes if you: <ul style="list-style-type: none">• Are overweight• Exercise less than 3 times a week• Are over 45• Have high blood pressure• Have high cholesterol• Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific• Have a parent, brother, or sister with diabetes For more information go to: http://www.diabetes.org/



CALL YOUR DOCTOR

When your health condition is not an emergency but you are in need of care or advice quickly, it is called “urgent care.”

Some examples of urgent care might include:

- Cold & Flu symptoms
- Cough
- Earaches
- Sore Throat
- Skin problems such as rashes, boils, acne, or cysts
- Headaches unless caused by a head injury
- Pain you have had for a long time that has been treated by your doctor, like long term back pain
- Routine checkups or well child visits
- Teething
- Diaper Rash
- To get a doctor’s note to go back to work.
- Less severe fever
- Hemorrhoids, unless severe bleeding that won’t stop
- Constipation
- Infected surgical wounds
- Follow up or recheck visits

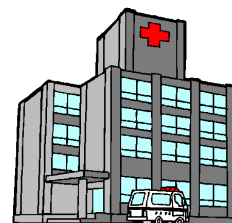


EMERGENCY ROOM

Emergency room visits are only for an emergency, not for routine care. An emergency is any physical or mental health problem that you think could cause serious harm if not treated quickly.

Here are some examples of emergencies:

- Chest pain
- Trouble breathing
- Broken bones
- Head injuries
- Severe bleeding
- Coughing blood
- Poisoning
- Person not able to move or speak
- Bad burns
- Deep cuts
- Harmful feelings to yourself or others
- Mental confusion
- Rape
- Attack by a person or animal
- Severe injury to a joint
- Severe pain
- High fever



If you are not sure that it is an emergency, call your primary doctor or the Emergency Room first.

If you do not have a Primary Care Provider (PCP) please call Member Services at 1-800-977-6740.

Websites of Interest

- www.maine.gov/dhhs/oms/index.shtml
The MaineCare website is where you can find information about your benefits and services that may be available to you and your family.
- <http://www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/93/index.htm>
Here you can find a list of Maine farms, farmers’ markets, and farm stands that accept cards from the Supplemental Nutrition Assistance Program (SNAP).
- www.maine.gov/dhhs/boh/index.shtml
On the Maine Center for Disease Control & Prevention website you can find important information about staying healthy and preventing illness.
- www.maine.gov/MyMaineConnection
This is a brand new website where you can apply for food, medical, cash, and child care assistance online.
- www.safekids.org
This website is full of great tips on how to keep your children safe.
- www.healthychild.org/live-healthy/eat-healthy/
Find simple and budget friendly recipes for the whole family.

